

## TRANSLATION OF MODERN TCM CLASSIC

# Cheng Tan-An's Treatment of Shang Han Diseases

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**Abstract:** The following is a translation of the famous Cheng Tan-an's treatment of the Six Phases of a Cold-induced disease with Acupuncture. As such, this is the first time detailed acupuncture protocols for the treatment of the Six Phases have been available in English. Cheng Tan-an's acupuncture treatments are quite sophisticated in their theory and elegant in their simplicity. Cheng Tan-an is regarded by many as the father of modern Chinese acupuncture.

**THE SIX PHASES** of a Shang Han (Cold Injury) disease are one of the oldest categories of pathogenesis and pathophysiology in Chinese medicine. Below is a translation of "The Categories of Injury Due to Cold" by Cheng Tan-an from *Cheng Tan-An Zhen Jin Xian Ji* (Cheng Tan-an's Selected Acupuncture-Substitution Works). The Six Hand-Foot Yee and Yang Channels are first described in the *Nei Jing*. In the late Han dynasty, Zhang Zhongjing used the same terminology to describe the Six Phases of a Cold Invasion in his justly famous *Shang Han Lun* (Treatise on Cold Injury). Some practitioners of Oriental medicine feel that the Six Channels and Zhang's Six Phases are completely separate theories and that the first is germane only to acupuncture and the second only to herbal medicine. Others, such as Cheng Tan-an as described herein, do posit a direct relationship, both in terms of disease mechanisms and treatments between these two. Cheng Tan-an was a famous practitioner of acupuncture in the

lower Yangtze River Valley during the first half of the twentieth century.

Although many texts and professional acupuncturists exists include questions on the Six Phases of Shang Han-disease, I am not aware of any other detailed description of their acupuncture treatment in English until now. As such, I believe this is an important translation which significantly adds to the clinical knowledge of acupuncture in America. In addition, it is a good example of an acupuncturist's acupuncture as opposed to the more herbalized-contemporary TCM approach.

### SHANG HAN MEN The Categories of Injury Due to Cold

#### 1. Shang Han Diseases

**Pathogenesis:** Due to weakness of the body Qi, invasion of Wind-Cold through the Surface<sup>1</sup> leads to blockage of the pores and results in disease due to internal accumulation of Wind-Cold (E-HI). This is the first stage of Wind-Cold invading the body and causing a complaint.

**Symptom and Symptoma:** Stiff, painful neck or body aches, aversion to Cold, fever with or without perspiration and chills during high fever, a floating, red, slow or floating, tense pulse, a white tongue coating, no pronounced thirst, and preference for hot drinks (when thirsty).

**Treatment:** Needles are retained & twisted (preferably slowly) to the depth and for the

duration indicated in the following points:

CV-18 (Pengfu): 1-2.1 dia., 3 minutes

LI-4 (Hegu): 1-2 dia., 3 minutes

ST-8 (Touwei): 1 dia., 2 minutes

**Adjuactive Therapy:** Radix Rhizoma Liriope extract 3 geshi (and) great yellow hawthorn 3 geshi. Decoct these herbs 1 tea. The patient should be covered with quilts in order to cause perspiration.

**Prognosis:** Good. (There are two possibilities for the evolution of this condition. It may be transformed) into either the Shao Yang or Yang Ming phases.

**Notes:** (According to the) *Shang Han Lun*<sup>2</sup>, "Qia Zhi Tang" is the (prescription of) choice at the onset of a Tai Yang disease. If (this) does not relieve the condition but it becomes aggravated, puncture GB-30 (Fenggu) and GV-16 (Pengfu) and then follow this by the administration of Qia Zhi Tang which should bring about complete recuperation." (According to) "Notes on Point Selection" in the *Ti Xue Lu Jue*,<sup>3</sup> "On the first day of contacting a Shang Han (disease), needle GV-16 (Pengfu)." (And, according to) *Shi Yi De Xian Fang*, for the first couple of days of a Shang Han (with) headache and high fever, moxa CV-14 (Juegu), CV-13 (Shangguan), and CV-12 (Zhengguan) (with) 20 cones respectively."

**Personal Notes by (Obeng) Tai-yan:** In 1927 I treated Pi Shi Si, in Szechuan (Zhejiang Province). A person by the name of Kong, 29 years old, living in the same building lived a hard life. (He complained of) a severe headache, aversion to cold, and a high fever upon returning home on April 1-4th. My son and I went to his home to make a house-call. His pulse was floating and his tongue (coating was) white. (I) needledd GB-30 (Fengfu) bilaterally which relieved the headache instantly. (Then I) needledd and moxa'd LI-11 (Fengmen) bilaterally. He recovered within two hours after breaking out in a sweat. The decoction soup (to him first) by my son was just a soup made from (fresh) ginger and brown sugar.

## 2. Yang Ming Disease

**Pathogenesis:** Wind-Cold Evil invades from the outside. Internally, the body Qi is weak and unable to defend. (Therefore,) the External

Evil invades (the Yang Ming) directly or through the surface, though the disease remains in the Tai Yang.

**Symptoms:** Distortion and pain in the eyeball and orbit of the eyes, fever without aversion to cold or slight aversion to Cold, strong Heat, thirst and a desire for cold drinks, (either) the presence (or) absence of sweat, a floating, rapid pulse, a light yellow or deep yellow tongue (coating), halitosis, and rough breathing.

**Treatment:** Needles are retained and manipulated to the depth and for the duration indicated for the following points:

LI-3 (Sanzhong): 2 dia., 2 minutes

LI-4 (Hegu): 1-2 dia., 3 minutes

LI-11 (Quchi): 0.5-1 dia., 3 minutes

ST-44 (Neiting): 3 dia., 3 minutes

ST-41 (Jiaxi): 3-4 dia., 3 minutes

**Adjuactive Therapy:** Powdered Gypsum fibrosum 3 geshi, Houttuynia cordata 3 dia. Radix glycyrrhizae 1 dia., Rhizoma aconitum 1 dia. Decoct (the above ingredients) into a soup and take.

**Prognosis:** Good. (However, this condition may become) critical if Heat Evil penetrates to the Jue Yin phase.

**Notes:** (In the) *3 Su Wan*<sup>4</sup> it is recorded, "(The points on) the "Street of Qi", (i.e.) ST-36 (Zusanli), ST-37 (Shangjia), ST-39 (Xiajia), LI-9 (Shangguan), and LI-8 (Xiaolai) are used to purge Heat from the Stomach." (In) "The Power of XI Ming" (it is said), "(When) the Yang Ming has been affected for two days, GV-24 (Pengfu) should be searched for, and for the treatment of vomiting CV-13 (Shangguan) should be resortcd to."

## 3. Shao Yang Disease

**Pathogenesis:** Wind Evil attacks the space between the muscles and Rogers between the clear and dispelling (and thus) is situated half inside (and) half Outside."

**Symptoms:** Unilateral headache, blurred vision, possible (sudden onset) deafness, a tendency to vomiting, fullness of the chest and costal regions, alternating (feelings of) hot and cold, a bitter taste in the mouth, lower abdominal pain, possible diarrhea, a wiry, rapid, or thready, wiry pulse, (and) a

this, white or thin, yellow tongue coating with a red tongue body.

**Therapeutic Needle:** Use the Subsiding pattern to the depth and manipulate for the duration indicated:

SI-3 (Zhangshu): 3-5 fen, 3 minutes

GB-41 (Daling): 3 fen, 3 minutes

LV-14 (Qimen): 3 fen, 2 minutes

PC-6 (Jianwei): 2-3 fen, 3 minutes

GB-44 (Zu Qiaoyin): one fen, one minute, followed by manipulation with 3 cones the size of millet.

**Adjuvative Therapy:** Radix *Scutellariae* 6 fen, prepared *Shizao* pinelliae 1 qian, Radix *Scutellariae* 1.5 qian, Radix *Glycyrrhizae* 5 fen. Decoct (one) soup and take.

**Prognosis:** Good. (However, this condition may become) critical if the Evil enters the Jue Yin (the *shu*) delayed or unmanaged treatment.

**Note:** (In) "The Year of *Ji* Meng" (it) says, "(For) heatness due to contraction of Shang Han, needling BL-63 (Jiexun) and GB-3 (Tinghui) (makes) the heating (as distinct as) the wind." (According to) *Yiye Shi Zhi Zhang Zhong Yao*, "(For) central pain due to Shang Han, needle SI-9 (Zhigou), LV-12 (Zhangmen), and GB-34 (Yanglingquan); bleed BL-40 (Weiteng)." (However, in the) *Yi Xue Gang Mu*! (it is recorded), "(For) central pain due to Shang Han, select BL-6 (Zhigou) and GB-34 (Yanglingquan)."

**Personal note by (Cheng) Tan-ku:** My father once treated a neighbor named Xu who had a Shao-Yang pattern with severe vomiting and inability to sleep a decent sleep. He (therefore) needled LV-14 (Qimen) & CV-12 (Zhangmen) which suppressed the vomiting instantly. (After that) an herbal formula was prescribed and the patient (subsequently) recovered.

#### 4. *Turtle Disease*

**Pathogenesis:** (This condition is) due to internal invasion of Cold (Qi, a cold) and exterior, exposure of the abdomen to Cold (Chong Freq. Heat transmitted through the Yang Ming and then transformed into Heat, or simultaneous affection with Tai Yang).

**Symptom and Symptom:** Vomiting due to fullness of the abdomen, inability to eat, abdominal pain, diarrhea without thirst, scant warmth of the hands and feet accompanied by aversion to cold, fever, and joint pain. The pulse is soft and retarded, soft and thready, or thready and wiry with (either) a white or yellow tongue (coating).

**Treatment:**

**Moxa:** SP-1 (Yinbai): 3 cones

**Needle:** SP-4 (Dingcuan): 3 fen, 3 minutes with manipulation

**Moxa:** SP-6 (Sanyinjiao): 3 cones

**Needle:** CV-12 (Zhangmen) 0.5 fen, manipulating 3 minutes followed by ...

**Moxa:** LV-14 (Qimen) 3 cones.

(If the pathogenic) Heat is unarrested through the Yang Ming, needle and manipulate the following for the duration indicated:

LI-1 (Zhangfu) one fen, one minute

SP-1 (Yinbai) one fen, one minute

SP-6 (Sanyinjiao) 1 fen, 3 minutes

SP-3 (Ductus) 1 fen, 2 minutes.

**Adjuvative Therapy:** In those without symptoms of Heat, (take) sliced Radix *Asari* 1 fen, *Shizao* *Zingiberis* 3 fen, prepared Radix *Glycyrrhizae* 5 fen, and *Prunus* *Zippylepis* 5 pieces. Decoct (one) soup and take.

In those with Heat with strong thirst, a whitened, yellowish tongue, (and) a flooding, rapid pulse, use Radix *et Rhizoma Rhei* 2 qian, *Mirabilitum* 3 qian, and Radix *Glycyrrhizae* one qian. Decoct (one) soup and take.

**Prognosis:** Good. (However, this condition may become) critical in those with Heat so strong it agitates Liver Wind.<sup>11</sup>

**Note:** (According to the) *Wei Bing Hui Chen*,<sup>12</sup> "(In case of) injury (the *shu*) Cold, Yin, Shao," and abdominal pain, moxibustion the end of the upper crease of the lateral aspect of the small toe 3 cones. (For) men, moxibustion on the left; women, moxibustion on the right."

**Personal Note by (Cheng) Tan-ku:** A woman by the name of Pi Pei-qing living in Wan Quan (Shandong) suffered falls. Frequent pain, and uponlosure diarrhea without thirst, (1) needle CV-13 (Zhangmen), ST-25 (Tianshu), (and) ST-36 (Zusanli) and simultaneously moxa on those points. The patient was cured the same day.

## 5. Shao Yin Disease

**Pathogenesis:** (In those with) Kidney Deficiency, External Evil is most liable to invade the Kidney channel. (In those with) Yin Deficiency, (the Evils) are drafted with Fire. (In those with) Yang Deficiency, (the Evils) are drafted with Water. If they are drafted with Water, this is due to Cold Transformation.

**Symptom and Symptom:** (With) drafting with Fire (there is) Irritability, insomnia, dry skin, thirst, frequent urination, a dry throat, and a deficient, rapid pulse. The tongue is bright red with scant moisture. (With) drafting with Water (there is the tendency to) close one's eyes and curl up, a feeble voice with shallow breathing, reluctance to talk, a heavy body, aversion to cold, abdominal pain, and possible diarrhea. The pulse is thready and (low) and the tongue is pale (with) a white coating and no thirst.

**Treatment:** If the Evils are drafted with Fire, needle the following to the depth and manipulate for the duration indicated:

- K-1 (Yongquan) 3 fen, 2 minutes
- K-6 (Zhaohai) 3 fen, 2 minutes
- K-7 (Putuo) 3 fen, 2 minutes
- BL-43 (Zhixi) one fen, one minute
- BL-46 (Fenggu) 3 fen, 2 minutes
- HT-1 (Shousanlao) 2 fen, one minute
- K-3 (Taixi) 2-3 fen, 2 minutes.

If the Evils are drafted with Water, insect the following points:

- BL-23 (Shenshu) 3-7 cones
- BL-43 (Quchihe) 3 cones
- CV-4 (Qiaoyuan) 5-10 cones
- K-3 (Taixi) 3 cones
- K-7 (Putuo) 3-4 cones.

**Adjunctive Therapy:** If the Evils are drafted with Fire, (use) Radix Paeoniae after 2 qian, *Coptidis* Aerial 2 qian, Rhizoma Coptidis 5 fen. Radix Scutellariae 8 fen. Add two egg yolks to the above decoction. Decoct and take. If the Evils are drafted with Water (use) Rhizoma Acori typhonoides macrocephalae 2 qian, Radix Paeoniae alba 2 qian, *Salviae Miltiorrhizae* 3 fen, Rhizoma Zingiberis officinalis 2 qian. Decoct in boiling water and take.

**Prognosis:** (In those whose condition is) derived from Heat (with) tongue red, scorched,

and dry with dry, crystal urination, not good. (It) derived from Cold (with) cold feet (and) coldness reaching above the knee and sweat all over the head, not good. But, manipulation of CV-4 (Qiaoyuan) with up to 100 cones will probably subdue the evils.

**Note:** (According to) Shang Han Lun, "Those people with Shao Yin disease with vomiting and diarrhea but without deadly cold limbs and with fever do not die. In those people where pulse cannot be felt, insect Shao Yin 7 cones."<sup>12</sup> Again, in those with a Shao Yin condition with diarrhea and fever mixed with pus and blood, acupuncture can be worthwhile."

Chang Q-chen said, "It is advised to needle bilaterally K-23 (Yongquan)-which is located on the second vertical line on the abdomen 3 fen next to CV-14 (Jupu). Needle bilaterally K-8 (Jueyin) located 2 fen above the internal malleolus."

Ko Yun-bo commented, "If the feces are mixed with pus and blood, it is also the result of Heat-entering the Blood phase."<sup>13</sup> Needle LV-14 (Qimen) in order to purge it. (This technique is derived from the rubric), 'Shao Yin is indicated but Jue Yin should be treated.' When Yin is Excess, the best way is to purge its use. Further, (those with a Shao Yin condition with symptoms of diarrhea, and an arrhythmic pulse, sweat so much they (must) change clothes from time to time. If such is not the case, warm up the Above'<sup>14</sup> (by) needling GV-20 (Baihui)."

## 6. Jue Yin Disease

**Pathogenesis:** Being the utmost interior of the Six Channels, the Jue Yin is the source of Yin and the beginning of Yang. (Therefore), it is susceptible to the attack of evils. (In disease categories are subdivided into) Pure Yin condition, Pure Yang condition, and Mixed Yin and Yang condition. In general, the Pure Yin pattern is caused by the direct and far-reaching attack of Evils. The Yang pattern is due to the transference of Heat. (And) the Mixed pattern is a 'blend' of Cold Evil which invades directly and Heat Evil derived from other phases).

**Symptom and Symptom:** Pure Yang pattern: Staring straight ahead, insensibility, insomnia,

fever, no aversion to cold, halitosis, rough breathing, deadly cold limbs, (and) a burning sensation in the cardiac and chest region. The deeper the Heat, the more serious the condition (xie-ji). diarrhea mixed with pus and blood, erosion of the throat, and whitening of the tongue. The pulse is wiry, rapid, and flooding, or submerged rapid and unsmooth. The tongue body proper is red or even purplish or (there may be) a scaly tongue with a yellowish coating.

Pure Yin Pattern: Deadly cold limbs, greenish, dark finger and toenails, rigidity of the abdomen, diarrhea with undigested grains, (and) sour and bitter vomitus. The pulse can be either wiry, thready and retarded, or deep and wiry. The tongue is purplish and cold.

Yin/Yang Mixed Pattern: Pain and rigidity of the abdomen, deadly cold of the four limbs, alternating vomiting and diarrhea, a burning sensation in the cardiac region, thirst and a desire for cold drinks but vomiting upon ingestion, (and) insensibility and mental irritability. The pulse may be thready, wiry, or hidden or thready, rapid, and unsmooth. The tongue (coating) may be either yellowish or white with a scaly body which appears moist (compared to the) dry Heat.

Treatment: Pure Yang Pattern—needle the following points to the depth and manipulate for the duration indicated:

LV-1 (Deshu) one fen, one minute  
LV-4 (Zhongleng) 2-3 fen, 1 minute  
LV-14 (Qimen) 4 fen, 2-3 minutes  
HT-4 (Liangqiu) 3 fen, 2 minutes  
HL-18 (Geshu) 3 fen, 2 minutes.

Pure Yin Pattern: Moxa the following:

BL-18 (Geshu) 3-7 cones  
LV-2 (Xingjian) 3 cones  
CV-4 (Guanyuan) 7-13 cones  
CV-12 (Zhongguan) 5-7 cones  
LV-14 (Qimen) 5 cones.

Yin/Yang Mixed Pattern: Needle the following points to the depth and manipulate for the duration indicated:

LV-4 (Zhongleng) 3 fen, 2 minutes  
HT-4 (Liangqiu) 3 fen, 2 minutes  
CV-4 (Guanyuan) 3 fen, manipulate followed by moxibustion 3 cones

PC-5 (Jiexi) 3-4 fen, 2 minutes and moxa with 2 cones

TC-18 (Qiaoya) 3-4 fen, 2 minutes.

Adjuvative Therapy: Pure Yang Pattern: (for those with) feces mixed with pus and blood, Cortex Phellodendri 2 qian, Rhizoma Coptidis one qian, Cortex Fraxini one qian, (and) Radix Angelicae sinensis 2 qian, Ramulus Cinnamomi 5 fen, Radix Paeoniae albae 2 qian, Medulla Terni panacis one qian (and) Radix Aconiti 2 fen. Decoct and take.

Pure Yin Pattern: Radix Aconiti carmichaeli preparati one qian, Radix Glycyrrhizae 2 qian, Rhizoma Zingiberis desmodii 3 qian, (and) Radix Paeoniae albae 3 qian. Decoct and take.

Yin/Yang Mixed Pattern: Fructus Prunus mume 8 qian wrapped in a piece of cloth and cooked into a soup.

Prognosis: Mostly not so good in the Pure Yang Pattern, better in the Mixed Pattern, and good in the Pure Yin Pattern.

Notes: (According to the) Shang Han Lun, "When Shang Han progresses for 6 or 7 days with weak pulse, deadly cold limbs and insensibility, moxa Jia Yin. (If the pulse is still) not restored, death (will ensue)." Zhang Lin-ao commented that, "It is advisable to moxa Spring (Rong) and confluent points of the Jia Yin (channel) and CV-4 (Guanyuan) and CV-20 (Chafu), etc." The Spring (Rong) point is LV-3 (Xingjian) (and) the confluent point is LV-1 (Zhongleng).

(In the) Shang Han Zhi Sheng<sup>12</sup> (it states, "In case of) absence of the six pulses due to Shang Han, practice with tonification technique K-7 (Fula) to restore the six pulses. Needles LI-4 (Hegu), CV-1 (Zhangji), SI-6 (Zhaoyang), K-3 (Fula) and CV-14 (Quchi) and moxa ST-3D (Qichong) 7 cones.

(In the) Zhen Hou Ge<sup>13</sup> (it says), "(In) cases of Shang Han with chattering, cold limbs, (and) moist) search for the pulse Qi. There truly exist two magic points: K-7 (Fula) is located 2 cun away along the bone; (needling it) returns (warms) to the four limbs and makes pulse Qi float. (This) depends on understanding Yin and Yang in a reversed order.<sup>14</sup> To truly in case of Cold, select GB-39 (Hegu).

To reduce it in case of Heat, choose OB-39 (again without aspiration). (Otherwise) the floating and sinking pulses need protection and the deep and steady (palpate) requires tonification."

The *Beihe Yu Zhi Sheng Huo*<sup>21</sup> (Beiji) : "A sootherman by the name of Shi was afflicted by Sheng Huo and showed no sign of improvement. The doctor felt that he had no further recourse and therefore powdered the places for tonification. (He) inserted 3 coins beneath the (patient's) Adam's apple and ended with those at CV-21 (Tianshu). Nothing else ended but magic."

Deo Cai (cured) treated a person for Sheng Huo with headache, high fever, aversion to eat and cough, painful joints, and a deep, tense pulse. slight alleviation of these symptoms occurred after (administering) Huo Gai Sun.<sup>22</sup> On the fifth day, the patient developed diarrhea and a tendency to sleep day and night and his four limbs were felt to be somewhat clumsy. (These symptoms) indicated Kidney Qi Deficiency. (He) recovered after tonification of CV-4 (Guanyuan), 100 cones and sweating (induced by) ingestion of Jing Fu Tang.<sup>23</sup> (Another example,) a person contacted Sheng Huo for six days and on that day looked slightly yellowish all over. A practitioner prescribed Yin Chao Tang<sup>24</sup> and, on the following day, (the patient looked) even more yellowish as if covered by *Quercus* seeds. A Tai Yi pattern like this is due to the erroneous ingestion of cooling medications (in which case) Liver Blood obstructs upon the Spleen. Only tonification of CV-4 (Mingsheng) 50 cones and the decoction Ju Jie Dan<sup>25</sup> cured (the patient).

Never by (Cheng) Tzu-ao: My old friend Shan (cured) treated a Xu in the eastern suburbs of Nan Tong (Jiangsu Province). With quite a heavy constitution, Xu was afflicted by Sheng Huo, (the symptoms of which were) stiff neck, feverish body, and aversion to cold. Heavy doses of diaphoretics were given but (still) could not control. Bilateral dispersal of BL-12 (Fengmen) (was administered) followed by penetrating HT-5 (Tongji), K-3 (Pulse), and dispersing LI-4 (Hegu).

(This procedure) took about ten minutes (thus) free to nap (preparing/prioritizing and therefore) recovered.

There was an old lady named Po in the northern suburbs of Nan Tong (who was) about sixty years old. All of a sudden her pulse could not be felt (accompanied by) deadly cold (feels with a continuous breath and the eyes stared as if on the verge of death). (My friend) Shan was sent for in order to treat her. QV-36 (Renzhong), PC-6 (Qiguan), Guan-1 (Yintang) and ST-43 (Lieq) were punctured and the lady gradually came back to life. Then bilateral tonification of K-1 (Fuling) brought about the prominent re-emergence of the pulse. (These stories are) attached here-with in order to verify and illustrate the saying that K-3 (Pulse) is capable of restoring the six pulses.

#### The Translation Committee

The Cecilia Yiu, Dan Institute of Buddhist Medicine Translation Committee is composed of Zheng Tingting, Rose Chiu, Lora Chiu, and Marvin Hsieh. Mr. Zheng teaches modern Chinese at the Cecilia Yiu, Dan Institute of Buddhist Medicine and Rose, Lora, Mr. Hsieh are recent Yiu students in a law year course. The translation of primary Chinese medical texts completed within one quarter of 1991/1992's curriculum.

Rain Flores is Director of DEDBIM and practices Chinese Medicine in Boulder, Colorado. He has written and presented on topics and numerous articles on various aspects of Chinese medicine and lectures at American hospitals and Oriental medical schools around the country.

#### References

1. *Reiluo* is a traditional term in Chinese medicine. It implies the superficial area of energy occupied by the *Ren* (Conception) and the *Dai* (Ling) like tendons (respiratory channels). The *Guanyu* (Principles of the body) is always used in legends pertaining to the *Junzi* (Hao) which inspired the organs and bowels.
2. *Qian*, a measurement of weight, approximately 200 grams.
3. *Shang Han Lun* (The Discernment Cold/Disease), was written by Chen, Chang-jing in the Han Han dynasty, from a compilation of "Wang Shih-kuo", the editor of the *Shi Han Jui* (The Pulse-Chart) and directed another author, Wang Han-lan and Shih Ju Kai Han Lin.
4. The ingestion of Gai Zi Tang and Banxia Chuanxiong, Banxia Pinellia and Platycodon root, Platycodon根根, pinellia根根, pinellia Glycyrrhiza, and Platycodon Glycyrrhiza.
5. *Li Ju Bi Lin* (The Prince of Medicine) was an important and much relied upon Ming dynasty

basic text in the clinical practice of Chinese Medicine.

6. *Xi Xian De Jin Fang (Efficient Formula from the Generation of Efficient Practitioners).*
7. You can be either a practitioner of western or traditional Chinese Medicine, you can also practice both. However, I feel a good grasp of western knowledge, knowledge of length, width, height is very useful in Chinese Medicine.
8. *Yu Xian (pioneer practitioner)* is the first of the Huang Di Nei Jing's own sections.
9. Qianchi and Jianchi are technical, energetic naming terms in Chinese medicine with their own technical definitions.
10. *Yang Wei Lin Jing Zhiang Tie (Yang's General Principles of Treatment).*
11. *Xi Xian Gong Ji (The Guide of the Study of Medicine)* another traditionally representative of the practice of Chinese medicine. It was written by Lou Ying and published in 1930 CE (AD).
12. Hand Jinsuoxi is strong that it contains the San Jiao phase and corresponds to the Yin Shang Liver channel giving rise to Blood Arrest and Cold Arrest, with symptoms such as thirst, upward pushing of Qi, signs of earlier organ damage but no damage to heat, and coldly cold taste. This corresponds to the case phase of a disease transmitted from Superficial to Interior according to the Shao Lin Lin.
13. *Wen Jing Wei Chen (The Formula of Spring of Ten Thousand Diseases).*
14. Shao is a disease category in Chinese medicine. It refers to processes of no regional and general origin. It is usually translated as local, and may therefore not be a type of Shao. However, Shao is a much indirect category encompassing such disease problems as intestinal and prostate symptoms. Chong Wei are also discussed (Chong Wei de Zhen) in Chen Ji's *Shao Ji* (the diagnosis and treatment of the Seven Shao, the subdivisions into which Chinese medicine clinically divides the category).
15. Flexibility E/F (Palpation).
16. *Xin Fen, or Blood Phase:* This is one of the Five Phases of energy of a *Huo Xing* from the body to predict the *Wei Yang* Wei and Yang and related of pathogenic. This theory developed from Zhang Zhong Jing through Lin Wan Yu of the Jin-Yuan dynasties and came into use in the early Qing as the result of a study of *Yunyan* thermometers such as *Wei Xinggu* and *Yi Xinggu*.
17. *Fei as Intake and Outflow are technical energetic anatomy terms in Chinese medicine, as are Above and Below. Above refers to the Upper Burner and Below refers to the Lower Burner.*
18. *Sheng Han Lin Sheng (Therapy for Sheng Han).*
19. *Zhen Hou Ge (The Song of Behind the Elbow).*
20. This means that the Five phase correspondences of the *Wei* points on the Kidney meridian should be treated. There the *Zong Wei* point six of a Yang meridian when treating Kidney Tires or the *Lieng Wei* point. From this point of view, X-17 (Yintan), is the Five points.
21. *Zhen Jin Zhi Sheng Jing (The Classics of Nourishing Life with Acupuncture/Moxibustion)* written by Wang Shizhen in 1730 CE (AD).
22. The ingredients of *Hua Gai*, *San xun*, *Huo Shu*, *Qian Hu*, *Artemisia scoparia*, *Prunus Jilinensis*, *Portulaca Oleracea*, *Portulaca*, *Portulaca Oleracea*, and *Radicula* *Glycyrrhiza*.
23. The ingredients of *Feng Fu Tang* are *Rhizoma Zingiberis* and *Radicula* *curcumae* powdered.
24. The ingredients of *Tie Chai Tang* are *Hedysarum*, *Artemisia scoparia*, *Prunus Jilinensis*, and *Radicula* *Radicula* *Radicula*.
25. The ingredients of *Jin Yi Dan* are *Sulphur* and *Malpighia Ebrera*.